

# HEALTHY SNACK & MEAL IDEAS FOR YOUR FAMILY



***Make Meal and Snack Time,  
Fast, Easy and Best of All  
- Healthy!***

**Get your free series of tips & ideas for healthier eating by clicking on the image below and submitting your name and e-mail address. This 5-part e-course will be sent to you over the next five days.**

A sign-up form for a 5-part e-course. It features a blue arrow icon pointing left at the top left. The text reads: "Mom-N-Kids : Special 5-Part E-Course For You From 'Healthy Meals And Snacks For Your Family'". Below this are three input fields labeled "First Name:", "Last Name:", and "Email:". A prominent blue button with white text says "SIGN UP NOW!". Below the button is a link that says "We respect your email privacy". At the bottom right, there is a blue arrow icon pointing right.

Mom-N-Kids : Special 5-Part  
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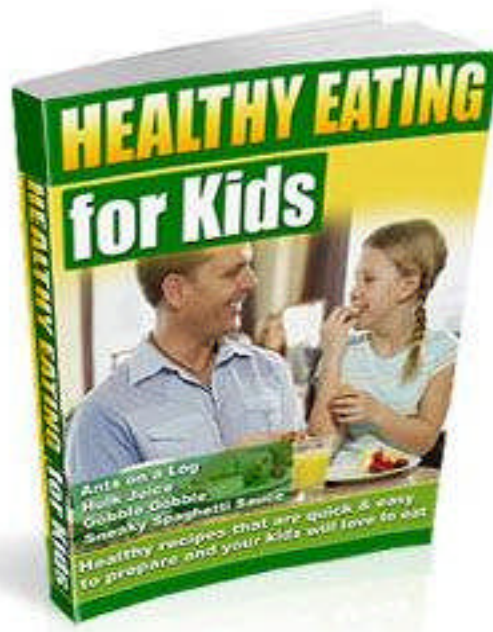
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**If you want to find more healthy recipes for children then please take a look at our companion product "Healthy Eating For Kids"**





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## REASONS TO EAT HEALTHIER AS A FAMILY

Your family is your most important asset wouldn't you agree. You must be willing to invest in your children for the long haul in many ways in order for them to succeed to their fullest potential in life. You make certain your son(s) and daughter(s) have the best education, the safety of a roof over their head, clothes on their back, and the best you can give them in life all the way around. You spend time with them so they feel safe and secure, you laugh with them, play with them, keep them from getting hurt when they shouldn't and even know when to step back and let them make the mistakes they need to by themselves.

You're a great parent! You're kids are the most important thing in your life, but are you doing everything you can to make certain they are physically getting everything they need? I'm talking about the foods your children eat. Of course, you're making sure they are getting fed 3 times a day with snacks in between, but what do those meals consist of?

With all the talk of eating healthy these days, it's at the front of every parents mind. Parents are asking themselves questions like the following on a daily (sometimes hourly basis).

- Are my kids consuming healthy foods that will help them get through the day?
- Am I giving them all the nutrients and vitamins they need?
- I want my kids to be in good health when they get older, but am I getting them started on a healthy eating path that will carry them through the days when I'm not the one feeding them every single day?
- How do I get my kids to understand the importance of healthy eating?
- Is there a way to get my kids to eat well without a fight?

If you've asked yourself those or similar questions in the past, you're not alone. Every parent wants the best for their children. We want to be certain we're sending them out into the world as adults who can take care of themselves and lead a healthy adult life free of as many illnesses and injuries as possible.

There are a million reasons our families should eat healthy, but we'll tackle just 10 of them in detail right now.

1. **Gives Us More Energy** – As a mom or dad, you know just how important energy is. Keeping up with our children requires more energy than any of us has naturally. Instead of grabbing a quick burst with sugar, caffeine or energy drinks – eat healthy and watch your energy skyrocket the way it was meant to be. We're not meant to be dragging after an hour of baseball with our little ones or cleaning house. As for the kids, they have a natural source of energy, but when we give them sugary snacks all the time, we're setting them up for a hard and fast crash.
2. **Helps Us Look and Feel Better** – When you make it a habit to eat healthy, your family members will look and feel so much better. Your bodies will get the nutrients they need to keep hair and skin clean and fresh looking, muscles and brain function will improve and so much more. The goal of getting your family on a healthier eating track is not to look like runway models or body builders, but instead to exhibit an overall healthy appearance and attitude. Let's face it, if you have a teenage daughter you know how much nicer she can be when she looks and feels good about herself. Mom so do you, don't you? Now you can look and feel great without the sometimes costly price many pay to do it.
3. **Builds Positive Self Esteem** – This goes hand in hand with number two above, but especially for kids, self esteem is important. When you feel healthy, you feel better about yourself in general. Self esteem is something every child needs and starting a healthy eating habit in your home will help your child develop positive self esteem in various ways. Just a few of these ways include feeling better and communicating with and spending quality time with other family members on a regular basis.
4. **Means Fewer Doctor Visits** – We all need to visit a doctor at some point in our lives, but let's face it, when you're unhealthy you can spend a lot of time at the doctor's office. No one likes going to the doctor, but if you're not eating right and taking care of your body the way you should, you'll be seeing more of your physician than necessary.
5. **Lowers Health Care Costs** – In conjunction with fewer doctor visits, eating healthier can reduce health insurance and out of pocket expenses. Think about how many times your family members go to the doctor on a yearly basis. Every time you go, more than likely, you are paying a fee in order for your insurance to cover the rest. When you lessen the number of visits because you're healthier you keep more of that money in your pocket.
6. **Follows Children Through Their Adult Lives** – Creating habits early will help them stick with your children for the long haul. Healthy eating patterns are something we actually want our children to take with them when they leave home. Take the time to develop these habits now, before they are on their own eating fast food every night of the week.

**7. Aids in Avoiding Some Illnesses and Diseases Now and Later in Life –**

It's a proven fact that healthy eating habits will prevent or at least decrease your chance of developing diseases such as cancer, heart disease, high blood pressure and more. Don't you want the best possible chance for yourself and your children to avoid these nasty illnesses? **Helps Future Family Generations –** When you teach your kids the benefits of healthy eating, you're not only helping them, but their future children and spouses as well. Think of it as your way of giving something special to your grandchildren even before they are here.

**8. Is a Great Way to Spend Time Together as a Family –**

When you eat healthier and get the whole family involved you have opened the door for more quality time together. From making the grocery list to preparing the meal (and cleaning up afterwards too) you give your family more time to spend together. Granted you might be spending time together as you scarf down that greasy pizza every week, but communication can seriously lack when you've got a face full of food while you're together. Meal preparation is a great way to come together as a family.

**9. Creates Learning Experiences that Last a Lifetime –**

The knowledge healthy eating can bring your family is amazing. You can literally teach your children all kinds of things, from the way a plant grows to the actual preventative properties of certain foods. These are things that will last them forever and it's all because you're taking the time to not only feed them a healthy meal, but teach them how it's done and why too.

If you're ready to start your family on a healthy eating journey that will pay off a million-fold, let's get started.